



## Rescuing Others

### Helping someone drowning

#### 1. Helping by swimming

If you see someone in trouble in the water, you are required to help. However, you should never put yourself at risk if you're not able to safely perform a rescue.

Help!

**Be sure to call for help or dial emergency services if needed.**

If you do decide to rescue someone, remember they might be larger or heavier than you, and could try to grab onto you out of panic.

#### Important Tips:

- Maintain a safe distance.
- Speak calmly to reassure the person.
- Approach and assist from behind.
- If they grab onto you, dive down or push away.

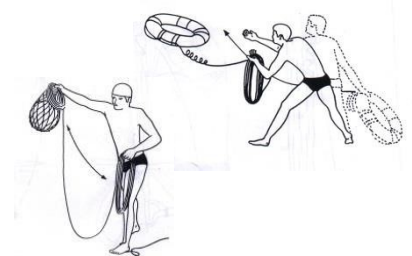


#### 2. Using Rescue Equipment

Rescue tools can be very effective in helping someone in distress:

##### a) Rescue Ring or Buoy:

Rescue rings and buoys are often found near locks, bridges, or beaches. They're thrown to the person in distress and often have a 25-30 meter line attached. Throw it past the person, then pull the line to bring it within reach. Be mindful of wind and currents when you throw.



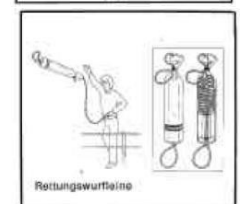
##### b) Rescue Pole:

Extend the pole to the person so they can grab hold, and then pull them to safety.

##### c) Rescue Throw Line:

Similar to the rescue buoy, a line can be thrown out to the person.

**Other options:** beach ball, simple rope, or branch.





## Rescuing Others

### 3. Rescuing Someone in Ice Accidents

If someone breaks through ice, call for help and/or alert emergency services. Do not approach the breaking without proper tools, as you risk falling in as well.

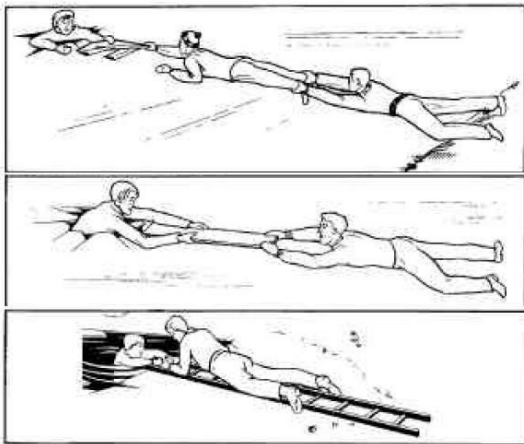
#### Possible tools:

- Board, ladder, sled, pole, rope, scarf, jacket, branch
- Rescue ring, rescue buoy

Use these tools to reach out and pull the person to safety. If multiple rescuers are present, the one approaching should be secured with a rope.

**Always approach the break-in location in a crawling position to distribute your weight, never standing.**

Move quickly, as the person is likely to become hypothermic and lose strength rapidly.



### 4. Boat Rescue

When rescuing a person with a rowboat:

- Pull them over the stern (rear) of the boat.
- Point the bow (front) of the boat into the current or wind.
- If the person cannot be lifted over the stern, create a counterweight and pull them over the side without capsizing the boat.

For large boats (e.g., motorboats):

- The person should be brought in over the side.
- The boat operator should remain on board, while only additional helpers should swim to assist if needed.

